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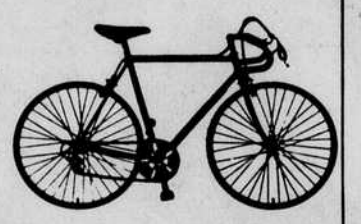

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SPORTS

Running: Pre's Trail and Beyond

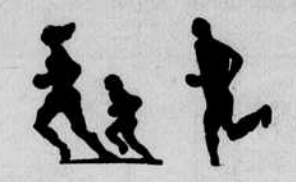
Another big Eugene-Springfield run is less than two weeks away. It's the annual July 4, 1984 version of the Oregon Track Club sponsored *Butte-to-Butte* run. Registration forms are now available at most Eugene-Springfield area running stores. Before *The Race*, the *Butte-to-Butte* was the biggest turnout run in the area. This year, if the weather holds, it may well equal this year's *Race 2* which attracted 3021 finishers.

And on the subject of *The Race*, we alluded to the good parts of *Race 2* last column. Now, for the not-so-good:

First, let's bring back Wendy Ray as emcee, with his natural humor as well as knowledge of track and field. The "Star Wars" guest emcee performed before the Autzen Stadium awards presentation more in the manner of a night club comic, making use of off-color and sexist remarks in an attempt to squeeze out possible laughs.

The awards ceremony itself was entirely too strung out, with the audience captive to the hot sunshine and a dance group that was interesting on an initial "field" review. Second, third, and fourth returns were entirely too much "field ballet."

This, of course, had to do with the "jam" brought about by the new race end recording system which made it difficult to pick front runners and winners in each division. I have yet to convince any women participants that the announcement of male winners and only the top woman finisher wasn't a typical male gender bias of taking the men first and hardly giving proper attention to the more than 1,000 women competitors.



But as was indicated last column, there was more good in this year's *Race 2* than bad. In fact, organization and officiating were excellent. Without a doubt, the finish line recording system needs to be altered, as it was generally the cause of most of the problems. Peter Thompson, race director, is to be complimented for the excellent *Race 2*, and I am sure *Race 3* will be even better.

Particularly outstanding were the *Race 2* report cards which arrived this past week, giving the winners on one side and your own personal report on the other. (For example, my own time was 38:30, with a pace of 7:45 per mile, with a ranking of 1276 for male competitors of 2011, and a 1446 out of the overall 3021, and No. 7 out of the 26 persons 60 years and above). Each contestant received such a report, making *Race 2* a good yardstick for runs, times, and conditioning the rest of the year.

It's hard to believe but the No. 1 book on the best seller lists throughout the USA is *Eat to Win, the Sports Nutrition Bible*, an excellent book putting together most of the reliable information now available about exericse and nutrition. The negative part of the book comes in its style of presentation—too much ego and "hubba hubba" as if the author, Dr. Robert Haas, discovered all these aspects of relationships of good health and nutrition by himself. Many of the "good practices" as well as important features of nutrition were compiled by Adelle Davis a number of years ago.

Eat to Win, however, takes the information of Adelle Davis and relates it to sports and exercise, strongly pointing out that you can get your peak performance with good nutrition and the use of supplemental minerals and vitamins. Of particular interest is the "eat to win" recipes in the back 75 pages. Also novel for a self-help book of this kind is an index and substantial list of books used by the author in his preparation. The listing of "anti-oxidants" and their importance seems to be particularly useful as well as the section on how to control the bad cholesterol with a combination of exericse and good nutrition. Chapter 14 on the attainment of "Peak Sexual Performance" is also a strong booster for exercise and good nutrition. One of the many Hass admonishments is "Fat & Sex do not mix." The price of *Eat to Win* is $14.95, with 20% off at Walden Book Shop, Valley River, Eugene.

Next column: more about the *Butte to Butte* race and how to avoid possible injuries on that event.

—Jack Craig

(Jack Craig is a longtime runner in the area, running 6 to 10 miles each day on local trails. He is now in the process of publishing a local newsletter on running as a follow-up to this column, carrying the same name title. For information about his newsletter or questions about local running, write to Pre's Trail & Beyond, P.O. Box 1211, Eugene, OR 97440, and you'll receive an information sheet.)

Sri Chinmoy Marathon Team

The one thing Eugene is really famous for is running. Besides the high percentage of people who run and the number of world class runners who live here, we also have more organized races per weekend than any other city our size.

An organization that helps contribute to that statistic is the international Sri Chinmoy Marathon Team (SCMT). If you haven't heard of them yet, you probably haven't been looking. They have put on seven runs annually for the past three years in Eugene. The Eugene chapter of the SCMT is formed by four people who pride themselves on putting together high quality, well organized races at a reasonable cost to the runners.

The SCMT is a nonprofit athletic service organization with over 60 chapters throughout most of the free world. It is headed by Sri Chinmoy, a contemporary spiritual teacher who advocates sports and physical fitness, along with contemplative practices for building a balanced, progressive and fulfilling lifestyle. Sri Chinmoy lives in New York City where twice weekly he conducts **Sri Chinmoy: The Peace Meditation at the United Nations**, and, held in Washington, D.C., the newly inaugurated **Sri Chinmoy: The Peace Meditations at Congress.** He has also twice received commendations from the President's Council on Physical Fitness and Sports for his work in promoting athletics.

According to Sri Chinmoy, the benefits we can gain from athletic activity include not only improved physical health and release of tension, but a sense of dynamic enthusiasm toward life and the experience of self-transcendence. He emphasizes the benefit of self-transcendence which occurs whenever one outdoes a previous best effort or overcomes an assumed limitation. Such experiences are particularly fulfilling and growth-promoting. Sports provide many opportunities for self-transcendence, whether one is a beginner or a champion.

Sri Chinmoy's philosophy of continual self-transcendence makes it very natural for his organization to get into running. A sprinter and decathlon champion in his youth, he has taken to long distance running as a means of expressing and enhancing the inner growth that one achieves through meditation. He also suggests that his students run to help bring forward their greatest potential.

Through the Sri Chinmoy Marathon Team, Sri Chinmoy and his students sponsor a broad range of public running events, including marathons, ultra-marathons and traithlons, along with numerous shorter races. In all these events, Sri Chinmoy tries to provide ideal performance conditions, with emphasis on safe, fast courses and an abundance of services, such as time splits and aid stations at every mile.

Here in Eugene the SCMT puts on races with a little different style. Twice a year they hold a three race series where entrants will run three consecutive races and accumulate points for the final awards. The races are short, usually no longer than five kilometers, but many runners find it a challenge to race that distance three days in a row. In June they hold a 10 kilometer race. The winner of last year's event called it the best organized race that he had seen in all of 1983. And for those looking for a real challenge, this fall the SCMT will be holding their first annual 12 hour run. Commenting on such efforts, Sri Chinmoy says, "When we transcend any aspect of ourselves, our spiritual qualities grow and expand. We are all truly unlimited if only we dare to try, and have faith."

For more information about the Sri Chinmoy Marathon Team and upcoming events, please call 342-5234.

—Parash Tourdot

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